



Cheese Blintzes

 Popular

READY IN



30 min.

SERVINGS



8

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 stick beef pasta skillet meal
- ☐ 8 oz cream cheese
- ☐ 1 egg yolk
- ☐ 4 eggs
- ☐ 1 cup flour
- ☐ 2 tsp juice of lemon fresh
- ☐ 1 cup part-skim ricotta
- ☐ 0.8 cup milk

- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 1 tsp vanilla
- ☐ 8 servings vegetable oil for frying with a high smoke point (grapeseed or peanut oil works best)
- ☐ 0.3 cup water

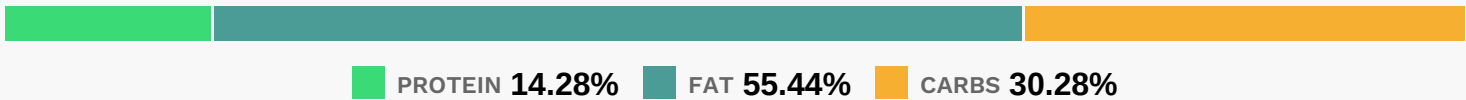
Equipment

- ☐ frying pan

Directions

- ☐ Save Recipe
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- ☐ Cheese Blintzes
- ☐ Blintz Ingredients4 eggs1 cup flour1/3 cup sugar3/4 cup milk1/4 cup water1 tsp vanilla
- ☐ Pinch of salt
- ☐ Nonstick cooking oil spray
- ☐ Vegetable oil with a high smoke point for frying (grapeseed or peanut oil works best)You will also need
- ☐ Nonstick skillet
- ☐ Filling Ingredients1 cup lowfat ricotta cheese1 package (8 oz.) cream cheese1/4 cup sugar1 egg yolk2 tsp fresh lemon juice1 tsp vanilla
- ☐ Pinch of salt
- ☐ Total Time: 30 Minutes
- ☐ Servings: 8–9 blintzes
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:13.82, Inflammation Score:-5, Nutrition Score:8.6695652759593%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 302.34kcal (15.12%), Fat: 18.6g (28.62%), Saturated Fat: 9.03g (56.47%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 22.43g (8.16%), Sugar: 8.74g (9.71%), Cholesterol: 147.13mg (49.04%), Sodium: 177.59mg (7.72%), Alcohol: 0.18g (100%), Alcohol %: 0.15% (100%), Protein: 10.78g (21.57%), Selenium: 21.4µg (30.57%), Vitamin B2: 0.35mg (20.35%), Phosphorus: 179.51mg (17.95%), Calcium: 157.94mg (15.79%), Vitamin A: 688.15IU (13.76%), Folate: 49.05µg (12.26%), Vitamin B1: 0.16mg (10.83%), Vitamin B12: 0.52µg (8.59%), Vitamin B5: 0.8mg (7.97%), Iron: 1.35mg (7.48%), Zinc: 1.1mg (7.32%), Manganese: 0.12mg (6.14%), Vitamin K: 6.16µg (5.87%), Vitamin D: 0.84µg (5.63%), Vitamin E: 0.81mg (5.38%), Vitamin B3: 1.02mg (5.12%), Potassium: 162.44mg (4.64%), Vitamin B6: 0.09mg (4.44%), Magnesium: 16.35mg (4.09%), Copper: 0.06mg (2.91%), Fiber: 0.43g (1.72%)